



"NC Certified
Senior Center of Excellence"

Senior Connection

Activities for Mocksville & Farmington Sites

July, August, September 2015

Senior Center Month



September is Senior Center Month and we are celebrating all month long. We have a variety of different programs and events throughout the month of September, including our 13th Annual Taste of the Town fundraiser on September 22. Raffle tickets will be on sale throughout the month of September for a Wal-Mart

gift card. We will wrap up the month with a fun 70's Disco Party!

Many businesses have sponsored Senior Center Month in order to help make all the fun possible. Throughout the month of September a board will be on display with the names of all the sponsoring businesses.

Be sure to support our sponsors and thank them for helping Senior Services. Details about particular events are in this newsletter, or just ask a staff member how you can be part of all the fun.

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JULY SPECIAL EVENTS - MOCKSVILLE SITE

Our Mocksville site is located at 278 Meroney Street. Hours are Monday - Thursday, 8:00am - 8:00pm, Friday, 8:00am - 5:00pm, Saturday - 9:00am - 1:00pm. Phone Number is 336-753-6230.



PATRIOTIC PARTY

Wednesday, July 1 - 2:00pm - MP Room B

Cost - Free

RSVP by June 24

We will celebrate America at this fun event. We will have refreshments and play some fun games of Bingo. Open to adults 55 and older and exceptions under the general participation policy.

ASK THE DOCTOR

Monday, July 6 - 10:45 - 11:15am - Multipurpose Room A

Speaker: Dr. George Kimberly

See all the details on pg. 16.

BLOOD PRESSURE SCREENINGS

Tuesday, July 7 - 10:45am -

Multipurpose Room A

See all the details on pg. 16.

SHARING & CARING

Thursday, July 9 - 1:00 - 3:00pm - Classroom B

See all the details on pg. 10.

TRIP TO BOWMAN GRAY STADIUM

Saturday, July 11 - 6:30pm

Transportation Cost: \$5.00

Ticket Price: \$10.00 men / \$2.00 ladies (It is Ladies' Night)

Space limited to 24 people -

TRANSPORTATION MONEY IS DUE AT TIME OF SIGN UP AND IS NON-REFUNDABLE. YOU WILL PAY FOR YOUR OWN TICKET AT THE DOOR.

For all you race fans out there, we will be going to Bowman Gray Stadium for the O'Reilly Auto Parts 100 presented by 105.7 the Buzz. Races include a 100-lap Modified race, plus racing in Sportsman, Street Stock, and



Stadium Stock divisions. We will meet at Senior Services at 6:30 and go to the race which starts at 8:00pm. Bowman Gray Stadium offers concessions for purchase, but if you prefer, you may bring in your favorite snacks. Coolers are permitted, but the size is limited and NO GLASS or ALCOHOL will be allowed to be brought into the stadium. A pickup point in the Hillsdale area will be announced at a later date if interest is shown. For those who wish to drive their own car, the \$5.00 transportation fee will be waived. You must still meet at one of the pickup locations so that all can arrive together. Open to adults 55 & older and exceptions under the general participation policy.

EMOTIONAL DISTRESS SEMINAR

Monday, July 13 - 10:45am - Multipurpose Room A

Speaker - Paula Swindle, LPC, Novant Health

RSVP by July 6

Everyone has emotional distress from time to time. Knowing ways to help handle the distress and when to ask for help are key to keeping ourselves healthy. Learn more at this informative seminar. Open to adults of all ages - no children, please.

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

Tuesday, July 14 - 1:00pm - Multipurpose Room B

RSVP by July 7

See all the details on pg. 16.

SCRAPBOOKING

Tuesday, July 14 - 2:00pm - Classroom B

RSVP by July 7

See all the details on pg. 10.

ALZHEIMER'S SUPPORT GROUP

Tuesday, July 14 - 6:30pm - Classroom B

RSVP by July 7

See all the details on pg. 20.

JULY SPECIAL EVENTS - MOCKSVILLE SITE

MONTHLY MOVIE

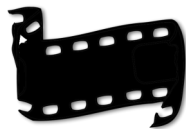
Monday, July 20 - 1:00pm -

Multipurpose Rooms A & B

RSVP by July 13

MPLC license No: 12377840

Due to scheduling problems we will announce the movie title on the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. The movie is open to adults 55 & older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for movies when available.*



VETERAN'S SOCIAL

Tuesday, July 21 - 10:30am -

Multipurpose Room B

Speaker: Don Timmons, Hospice and Palliative Care

RSVP deadline: July 14

Senior Services and the Veteran's Service Office host this event for veterans. Any veteran is invited to come out for a time of socialization and refreshments. *This is intended to be a time of reminiscing and socialization for veterans, therefore it is limited to veterans only, no guests, unless a caregiver is needed in order for the veteran to attend.*



SENIOR BOOK CLUB

Tuesday, July 21 - 1:00 - 2:30pm

- Classroom A

RSVP by July 14

See at the details on pg. 16.

SHARING & CARING

Thursday, July 23 - 1:00 - 3:00pm -

Classroom B

See all the details on pg. 10.

THEATRE CLUB

Tuesday, July 28 - 1:00pm - Classroom B

See all the details on pg. 17.

DINNER & A MOVIE - "THE SECOND BEST EXOTIC MARIGOLD HOTEL"

Thursday, July 30 - 5:30pm - Multipurpose Rooms A & B

RSVP by July 23

MPLC license No: 12377840

Enjoy dinner and stay for "The Second Best Exotic Marigold Hotel". This movie tells the story of hotel owners who wish to expand by opening a second location. It follows the fun and frolic of the regular guests who consist of older adults. Starring Judi Dench, Bill Nighy, Maggie Smith & Dev Patel, this movie is rated PG-13 for some language and suggestive comments. Runtime is 2 hours, 2 minutes. It is open to adults 55 & older & exceptions under the general participation policy, but will be limited to the first 100 who sign up. *In order to make our events more accessible, closed captioning will be used for all movies when available. Movie title subject to change due to release dates.*



AUGUST SPECIAL EVENTS - MOCKSVILLE SITE

ASK THE DOCTOR

Monday, August 3 - 10:45 -

11:15am - MP Room A

Speaker: Dr. George Kimberly

See all the details on pg. 16.



BLOOD PRESSURE SCREENINGS

Tuesday, August 4 - 10:45am -

Multipurpose Room A

See all the details on pg. 16.



MOVIE DAY WITH THE GRANDKIDS (OR NOT!) - "INTO THE WOODS"

Thursday, August 6 - 1:00pm -

Multipurpose Rooms A & B

RSVP by July 30

MPLC license No: 12377840

"Into the Woods" is a modern twist on the classic fairy tales in a musical format that takes the tales of Cinderella, Little Red Riding Hood, Jack & The Beanstalk and Rapunzel - all tied together by an original story involving a childless baker and his wife, their desire to start a family, and their interaction with a witch who put a curse on them. The movie is rated PG for thematic elements, fantasy action and peril, and some suggestive material. You are welcome to bring your grandkids, great-grandkids, etc. All children must be accompanied by an adult. You may also attend without children. *In order to make our events more accessible, closed captioning will be used for all movies whenever available.*

SATURDAY MORNING BREAKFAST

**Saturday, August 8 - 9:30am - Multipurpose
Rooms A & B**

RSVP by July 31

Adults 55 and older & their guests of any age are invited to a great breakfast. You may bring any number of guests, but anyone under 55 must be a guest of someone 55 or older.

BOWLING LUNCH

**Monday, August 10 - 12:30pm - Multipurpose
Room B**

Cost: No charge

RSVP by Aug. 3

This lunch is for current bowlers and those who would like to join. We will be picking teams for the next league and awarding trophies to last season's winners. If you are not able to make the lunch, but want to bowl, call & let us know. Open to adults 55 & older and exceptions under the general participation policy.

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

**Tuesday, August 11 - 1:00pm - Multipurpose
Room B**

RSVP by Aug. 4

See all the details on pg. 16.

SCRAPBOOKING

Tuesday, August 11 - 2:00pm - Classroom B

RSVP by Aug. 4

See all the details on pg. 10.

ALZHEIMER'S SUPPORT GROUP

Tuesday, August 11 - 6:30pm - Classroom B

RSVP by Aug. 4

See all the details on pg. 20.



PET CARE FOR SENIORS

**Monday, August 17 - 10:45am -
Multipurpose Room A**

**Speaker: Representative from the
Humane Society of Davie County**

RSVP by Aug. 10

Taking care of our pets sometimes brings certain challenges as we age. This seminar will give a good basic understanding of pet care and address some ways to help make it easier as the pet owner gets older. Open to adults of all ages - no children, please.

AUGUST SPECIAL EVENTS - MOCKSVILLE SITE

MONTHLY MOVIE

Monday, August 17 - 1:00pm -

Multipurpose Rooms A & B

RSVP by Aug. 10

MPLC license No: 12377840

Due to scheduling problems we will announce the movie title on the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. The movie is open to adults 55 & older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for movies when available.*

SENIOR BOOK CLUB

Tuesday, August 18 - 1:00 - 2:30pm -

Classroom A

RSVP by Aug. 11

See at the details on pg. 16.



WINSTON SALEM DASH GAME

Thursday, August 20 - 5:45pm

Cost: \$5.00 for transportation

Tickets will be purchased by each participant at the game. Prices will vary depending on seating available.

RSVP Deadline - August 14 (or when spaces fill)

Space limited to 24 people

TRANSPORTATION MONEY DUE AT TIME OF SIGN UP & IS NON-REFUNDABLE

Let's go root for the home team as the Winston Salem Dash take on the Myrtle Beach Pelicans. We will meet at Senior Services at 5:45 and go to the game. Each person will purchase their own tickets at the game - no advance tickets will be purchased. You may also purchase refreshments at the game if desired. A pickup point in the Hillsdale area will be announced at a later date if interest is shown. For those who wish to drive their own car, the \$5.00 transportation fee will be waived. You must still meet at one of the pickup locations so that all can arrive together. Open to adults 55 & older and exceptions under the general participation policy.

THEATRE CLUB

Tuesday, August 25 - 1:00pm - Classroom B

See all the details on pg. 17.

SUMMER SUNSHINE PARTY

Tuesday, August 25 - 2:00pm -

Multipurpose Rooms A & B

RSVP by Aug. 18

At this party we will celebrate the sunshine of summer. There will be great food and entertainment. Open to adults 55 & older and exceptions under the general participation policy.



SHARING & CARING

Thursday, August 27 - 1:00 - 3:00pm -

Classroom B

See all the details on pg. 10.

WELCOME TO MEDICARE LUNCHEON

Friday, August 28 - 10am - 12pm -

Multipurpose Room B

Speaker: Kim Shuskey, Director

RSVP by Aug. 21

If you will be eligible for Medicare soon, learn about the many options available so you can make the choices that are right for you. We will explore the basics of Medicare, including Parts A & B, supplements, prescription drug plans, Advantage plans, as well as assistance programs to help pay for some of Medicare-related costs. This program is open to anyone who will soon be on Medicare. A light lunch will be served following the program.



SEPTEMBER SPECIAL EVENTS - MOCKSVILLE SITE



SENIOR CENTER MONTH BEGINS



RAFFLE ALL MONTH LONG!!

BLOOD PRESSURE SCREENINGS

**Tuesday, September 1 - 10:45am -
Multipurpose Room A**

See all the details on pg. 16.

WATER AEROBICS CLASS

**Tuesday, September 1 - October 6 - 2:30pm
- 3:30pm - Davie Family YMCA**

Cost: \$10 for a 6 week class

**Minimum number required to have this
class is 12. Maximum number is 20.**

We are excited to be able to offer a Water Aerobics class at the Davie Family YMCA. The class will meet every Tuesday for 6 weeks and will be led by a YMCA certified instructor. Senior Services will cover the remainder of the cost of this class. You will pay the YMCA directly for your portion of the cost. You must pre-register through Senior Services, not the YMCA. **Open to adults 55 and older only who are not YMCA members.**

BINGO

**Thursday, September 3 - 1:00pm -
Multipurpose Room B**

RSVP by Aug. 27

Come out for some fun games of Bingo! Refreshments will be served. Open to adults 55 & older and exceptions under the general participation policy. *In order to make our events more accessible, Braille cards and display screen are available.*

MEN'S HEALTH SEMINAR

**Tuesday, September 8 - 10:45am -
Multipurpose Room A**

**Speaker: Bryce Hanes, MHA/MBA, CHC,
Novant Health**

RSVP by Sept. 1

Come and learn about specific health issues for men and feel free to ask your questions. Open to adults 55 and older and exceptions under the general participation policy.

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

Tuesday, September 8 - 1:00pm - MP Room B

RSVP by Sept. 1

See all the details on pg. 16.

SCRAPBOOKING

**Tuesday, September 8 - 2:00pm -
Classroom B**

RSVP by Sept. 1

See all the details on pg. 10.

ALZHEIMER'S SUPPORT GROUP

Tuesday, September 8 - 6:30pm - Classroom B

RSVP by Sept. 1

See all the details on pg. 20.

SHARING & CARING

**Thursday, September 10 - 1:00 - 3:00pm -
Classroom B**

See all the details on pg. 10.

SENIOR LUNCH

**Friday, September 11 - 11:30am -
Multipurpose Room B**

**Speaker: Julia Howard, NC House
of Representatives**

RSVP by Sept. 4

Ms. Howard will be here to update us from Raleigh as well as answer questions and hear concerns that you may have. A delicious lunch will follow. Open to adults 55 & older and exceptions under the general participation policy. **Space limited to the first 90 who RSVP.**



ASK THE DOCTOR

**Monday, September 14 - 10:45 - 11:15am -
Multipurpose Room A**

Speaker: Dr. George Kimberly

See all the details on pg. 16.

SENIOR BOOK CLUB

**Tuesday, September 15 - 1:00 - 2:30pm -
Classroom A**

RSVP by Sept. 8

See at the details on pg. 16.

SEPTEMBER SPECIAL EVENTS - MOCKSVILLE SITE



AGING IN PLACE - MAKING YOUR HOME SAFER

Thursday, September 17 - 1:00pm
- Multipurpose Room B

Speaker: Terry & Carolyn Smith
RSVP by Sept. 10

Most people want to stay in their own home as long as possible. There are some simple things that you can do to make your home safer that will really make a difference. Carolyn is a retired Aging in Place Specialist and Terry is a retired Home Inspector, so the two have a lot of experience in this field. They will offer simple ideas and solutions that you may not have thought about. Open to adults of all ages, no children please.

TIE DYED T-SHIRT CRAFT

Friday, September 18 - 1:00pm
- Multipurpose Room B

Instructor: Stephanie Walker, Evening Receptionist
Cost: \$3.00

For our craft this quarter we will tie dye a t-shirt. Bring your own white 100% cotton shirt and we will provide all of the tie dye and the expert instruction. Please note that you will have to take the shirt home wet so please bring several plastic bags to transport it. You will rinse out at home after it has set the proper number of hours. Feel free to wear your shirt later this month at our 70's Disco Party!! Open to adults 55 and older & exceptions under the general participation policy.

MONTHLY MOVIE

Monday, September 21 - 1:00pm
- Multipurpose Rooms A & B
RSVP by Sept. 14

MPLC license No: 12377840

Due to scheduling problems we will announce the movie title on the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. The movie is open to adults 55 & older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for movies when available.*

THEATRE CLUB

Tuesday, September 22 - 1:00pm
- Classroom B

See all the details on pg. 17.

13th ANNUAL TASTE OF THE TOWN FUNDRAISER

Tuesday, September 22 - 6:00pm - 7:30pm
- Senior Services

Cost: \$5.00 entrance ticket plus 50 cents per tasting ticket

Don't miss this year's Taste of the Town. Participants can sample "tastes" from many different local restaurants and caterers. Proceeds will help support the many programs and services that Davie County Senior Services offers to older adults. Buy your ticket at Senior Services after Aug. 1. The entire community of all ages is invited to this fun filled event.

SHARING & CARING

Thursday, September 24 - 1:00 - 3:00
- Classroom B

See all the details on pg. 10.



70'S DISCO PARTY

Wednesday, September 30 - 2:00pm
- Multipurpose Rooms A & B
RSVP by Sept. 23

We will have a lot of fun as we wrap up Older Americans Month by remembering the 1970's. There will be disco music & dancing for those who wish, as well as great refreshments. We will also be ending our month long raffle by drawing for the Wal-Mart gift card. Be sure to wear your tie dyed shirt if you made one in the craft class earlier this month. Open to adults 55 and older & exceptions under the general participation policy.



SPECIAL INFORMATION SECTION



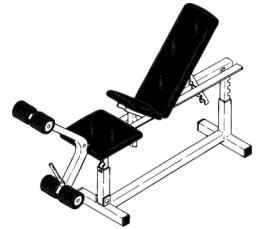
OPERATION FAN/HEAT RELIEF PROGRAM

To help beat the heat this summer Davie County Senior Services is offering free fans to those 60 & older (or under 60 with documented disability). To receive a fan you must not have air conditioning in your home (or in a part of your home where you spend a frequent amount of time).

Fans are provided through a grant from the Duke Energy Foundation.

NEW PARTNERSHIPS WITH THE YMCA

We are excited to announce two new programs that we are offering in conjunction with the YMCA. The first is a Water Aerobics class that begins in September. This class costs \$10 for the participant (Senior Services will cover the rest of the expense). It is for non YMCA members only and space is limited. See all the details on pg. 6.



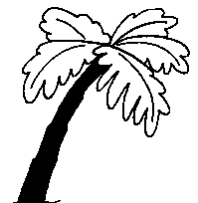
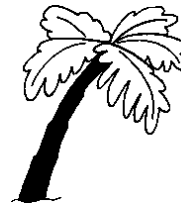
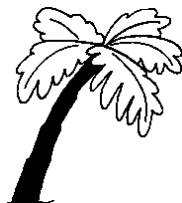
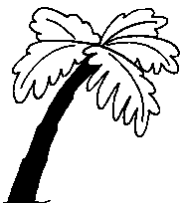
The second partnership is the offering of personal training on our equipment here at Senior Services. The YMCA is offering member only rates for our participants at our facility. Training will be done by appointment only.

See page 15 for all the details.

REMINDER ABOUT CHILDREN AT SENIOR SERVICES

Summertime often means keeping the grandchildren who are out of school. Please remember that Senior Services is designed for those 55 and older. Children should not be brought to activities or events unless the information about the event specifically says it is allowed. Children may not sit in on exercise or other classes and should not be left unattended in the lobby.

Thank you for your cooperation!



SPECIAL SHIP INFORMATION



THE ROAD TO MEDICARE



Much like you anticipated turning 16 and getting your driver's license, you must anticipate and plan for becoming a Medicare beneficiary.

Don't wait until you're 65 to start thinking about your Medicare choices. Start now and let the Department of Insurance's SHIP

(Seniors' Health Insurance Information Program) help you.

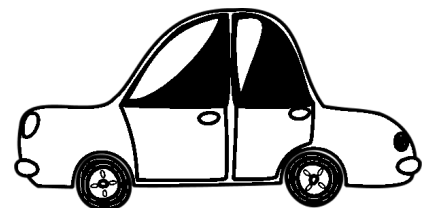
SHIP provides free, unbiased information about Medicare and other insurance-related issues, and there are SHIP sites in all 100 counties in North Carolina.

It is recommended that you review your Medicare options before you need to enroll so that you don't make any hurried decisions at the last minute. Your Medicare choices will depend on several factors including:

1. Are you retired or will you or your spouse continue to work?
2. Will you have access to medical and/or prescription drug coverage through an Employer Group Health Plan?
3. How does your Employer Group Health Plan compare with Medicare supplement plans and Medicare Advantage plans?

Of course there are other things to consider when determining your Medicare options.

SHIP has created a handout meant to help you navigate the Medicare system and initial enrollment process. The handout, "The Road to Medicare," outlines the decisions you'll need to make and what options are available through the Medicare system. To obtain a free copy of "The Road to Medicare" call SHIP at 1-800-443-9354 or visit SHIP's Web site at www.ncship.com. You can also meet with a certified SHIP Volunteer Counselor at Davie County Senior Services to discuss your Medicare options. To arrange an appointment with a SHIP Volunteer Counselor, contact Senior Services. Don't wait to make your Medicare decisions — you can start the process before your 65th birthday. Let SHIP help you understand your options and get you on the road to Medicare.



**DON'T MISS THE WELCOME TO MEDICARE LUNCHEON
ON AUGUST 28. SEE DETAILS ON PG. 5.**

ONGOING ACTIVITIES - MOCKSVILLE SITE

Arts & Crafts

QUILTING

Mondays - 10:00am - 12:00pm - Classrooms A & B

Join this talented group who loves to quilt. Bring your supplies to work with and learn from other quilters. No instruction is provided. This is an intergenerational program.

DAVIE CO. QUILT GUILD

3rd Monday of each month at 6:30pm - (July 20, August 17, September 21) - Multipurpose Rooms A & B

President: Brenda Hanes

Membership Dues: \$20.00 per year

Monthly meetings may include show & tell, demonstrations, guest speakers, or work sessions. Senior Services is a co-sponsor of this group. For detailed information, please call the group leader (call for number).

ART - STILL LIFE & LANDSCAPES

Mondays - 9:00am - 12:00pm - MP Room B

Instructor: Annette Ratledge

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

Furnish your supplies

Classes will run each Monday, and students can start at any time. Annette will work one on one to get students started. **Beginners need to come to the first class before buying supplies.** Open to adults 55 & older.

SCRAPBOOKING

**2nd Tuesday of each month - 2:00pm
Classroom B - (July 14, August 11, September 8)**

Group Leader: Barbara Thornton

Bring your supplies & your current projects & "scrap" with friends. Barbara & other participants can help with ideas and techniques if needed. Special programs and field trips are sometimes held. This group is open to all ages.

WOODCARVING

**Wednesdays - 9:00 - 11:00am - Classroom A
Facilitator - Tim Trudgeon**

Expert woodcarver Tim Trudgeon will be here each Wednesday. Anyone with an interest in carving is invited to get together with him at that time. You may come as often as you wish, but please call before attending your first session. Open to adults of any age.

TATTING

Fridays - 10:00am - Classroom B

Join this group who loves to tat. Bring your supplies to work with and learn from other tatters. This includes shuttle tatting and needle tatting. No formal instruction is provided.

SHARING & CARING GROUP

**2nd & 4th Thursdays of each month -
1:00 - 3:00pm - Classroom B**

Do you have a passion for crafting? Bring your handwork / portable project and join this fun group for a time to share, fellowship and craft together making projects to give to those in need.



Computer Lab & Classes

Ten computers are available during normal operating hours when there is not a meeting or class in progress. Users must be 55 or older and sign a user form. Call ahead to make sure the lab is available or just drop in to take advantage of this room.

UPCOMING COMPUTER CLASSES:

Instructor: Jackie Allen

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

**Register by: No later than 1 week prior to
1st day of class (Note - classes
fill quickly, so you may want to
register early)**

Class Size: Limited to 10 students

ONGOING ACTIVITIES - MOCKSVILLE SITE

COMPUTER BASICS

This class is for those of you who have never used a computer before. You'll learn the basics, such as how to turn it on & off, how to use the mouse & the keyboard, etc. *This is a 3 day class.*

Upcoming Session:

- July 6, 8 & 9 (Mon., Wed., Thurs.) - 10:00am - 12:00pm - Media Room

BEGINNING COMPUTERS

This class is suitable for those who have very little knowledge of computers, but do know how to use the mouse/keyboard. We will discuss the parts of the computer and what to look at when purchasing a computer. Also, we will spend time on the Internet, making sure you know how to go directly to a website. We will also become familiar with the layout of Microsoft Word. *This is a 4 day class and is intended for those with mouse/keyboard skills.*

Upcoming Session:

- July 13, 14, 15 & 16 (Mon, Tues., Wed., Thurs.) - 10:00am - 1:00pm - Media Room

EMAIL LEVEL 1

This is a way to communicate electronically. Learn the proper way to send an email and to include attachments. Learn how a virus and/or spyware impacts sending/receiving emails. Contact your internet provider to find out how you can access your account outside of your home. You will need your login name and password. If you do not have an email address, we can set one up for you using a free email service. You will need to come in 15 minutes early the first day so we can set this up before class begins. *This is a 3 day class and is intended for students who have a basic understanding of computers. Mouse & keyboard skills required.*

Upcoming Session:

- July 6, 8 & 9 (Mon., Wed., Thurs.) - 4:00 - 6:00pm - Media Room

MICROSOFT WORD 2007 LEVEL 1

This class continues from Beginning Computers. We will learn more advanced editing options, including different ways to select text, working with the many icons on the formatting toolbar and how this can make your document easier to read, working with the options in the page setup dialog box, for example margins and orientation of paper. We will also work some with graphics. *This is a 3 day class and is intended for students who are familiar with creating/saving a document and basic editing techniques (bold, alignments, cut/copy, paste and how to use delete & backspace keys).*

Upcoming Sessions:

- August 31, Sept. 1 & 3 (Mon., Tues., Thurs.) - 6:00 - 8:00pm - Media Room
- September 14, 18 & 21 (Mon., Fri., Mon.) - 3:00 - 5:00pm - Media Room

MICROSOFT WORD 2007 LEVEL 2

This picks up from the Level 1 class. We will look at when and how to use tables and clipart. We will review basic formatting that was discussed in Level 1 to enhance the table/clipart as well as reviewing formatting options. *Word Level 1 is required prior to this class. This is a 3 day class.*

Upcoming Session:

- July 6, 8 & 9 (Mon., Wed., Thurs.) - 12:00 - 2:00pm

INTERNET LEVEL 1

Topics that will be covered pick up from the Beginning Computers class. We will go into more detail on how to use a search engine, what the Internet is and how to safely download files. *This is a 3 day class. Beginning Computers is recommended prior to beginning this class.*

Upcoming Session:

- July 6, 8 & 9 (Mon., Wed., Thurs.) - 6:00 - 8:00pm - Media Room

ONGOING ACTIVITIES - MOCKSVILLE SITE

ENVELOPES & LABELS LEVEL 1

Learn to print envelopes and labels the easy way. Your addresses are saved in Microsoft Excel & we merge them into Microsoft Word so you can print directly on the envelope or on labels. We are using Microsoft Excel & Word 2007. *This is a 1 day class and is intended for students who have a basic understanding of Microsoft Word & Microsoft Excel. Mouse & Keyboard skills required.*

Upcoming Sessions:

- July 29 (Wed.) - 12:00 - 2:00pm - Media Room
- August 5 (Wed.) - 6:00 - 8:00pm - Media Room

PRINTING INVITATIONS

You will learn to use blank invitations to create beautiful invitations for baby showers, birthdays, or any type of celebration. *This is a 1 day class and is intended for students who have a good understanding of Microsoft Word. Word Levels 1, 2 & 3 are recommended prior to taking this class.*

Upcoming Sessions:

- July 28 (Tues.) - 12:00 - 2:00pm - Media Room
- August 3 (Mon.) - 6:00 - 8:00pm - Media Room

EBAY

There are some great bargains available on eBay & it is a wonderful way for you to sell things you no longer need. This class will teach you how to purchase items, how to list your items, what to sell, how to price it, and how to get paid. *This is a 3 day class and is intended for those who have a basic understanding of computers.*

Upcoming Session:

- July 13, 15 & 16 (Mon, Wed., Thurs.) - 2:00 - 4:00pm - Media Room

ITUNES

iTunes is a way to organize your music and downloads. Anyone with a computer can use this program. This is a great way to organize all your CD's. It also allows you to download videos and documentation from many sources. *This class is intended for those who know how to use a computer. This class is 2 days.*

Upcoming Session:

- July 20 & 22 (Mon., Wed.) - 10:00am - 12:00pm - Media Room

WINDOWS 8 LEVEL 1

This class is to show you how you can effectively use Windows 8 with the two interfaces. This will be a very basic class, intended just to make sure you know the two interfaces (Metro and Desktop) and how to work in each view. There will be a Level 2 class offered later to go into more detail. *This is a 3 day class and is intended only for those who are unsure how to use Windows 8.*

Upcoming Session:

- July 20, 22 & 23 (Mon., Wed., Thurs.) - 12:00 - 2:00pm - Media Room

WINDOWS 8 LEVEL 2

This is a continuation of the Level 1 class. We will continue to learn how to navigate around Windows 8 and discover where all of the common features are located. *This is a 2 day class and is intended for students who have taken Windows 8 Level 1.*

Upcoming Session:

- July 28 & 29 (Tues., & Wed.) - 10:00am - 12:00pm - Media Room

**DON'T FORGET TO BRING YOUR
MOBILE DEVICES AND ENJOY FREE
WI-FI WHILE AT SENIOR SERVICES.
SEE FRONT DESK FOR PASSWORD.**



ONGOING ACTIVITIES - MOCKSVILLE SITE



Dance

LINE DANCING LEVEL 1

Tuesdays & Thursdays - 8:45 - 9:45am -

Exercise Classroom

Instructor: Elizabeth Norman, Events Coordinator

For those new to line dancing, join this group to learn some simple dances. This is appropriate for beginners and those who only know a few dances. Open to adults 55 and older & exceptions under the general participation policy.

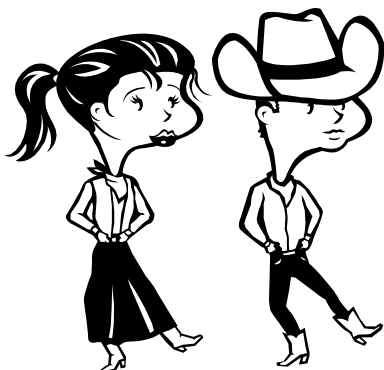
LINE DANCING LEVEL 2

Mondays & Wednesdays - 9:45 - 10:45am -

Exercise Classroom

Instructor: Elizabeth Norman, Events Coordinator

For those who have the basics down, we will learn more complex dances. Individual instruction cannot be provided to learn dances that have already been taught to the group. Please attend Line Dancing 1 for those basic dances. Open to adults 55 & older and exceptions under the general participation policy.



Drop In Activities

Senior Services invites you to drop by anytime to take advantage of the following:

- | | |
|----------------|--------------|
| * Board Games | * Music |
| * Books | * Newspapers |
| * Cards | * Puzzles |
| * Checkers | * Scales |
| * Chess | * Shredder |
| * Computer Lab | * Videos |
| * Fitness Room | * Wii |
| * Magazines | |

Items are available as long as an activity is not occurring in the room in which they are located. For any questions concerning availability of drop in items, please call ahead.

Exercise



SILVERHEALTH

Mondays, Wednesdays & Fridays - 8:30 - 9:00am - Exercise Room

Instructor: Elizabeth Norman, Events Coordinator

This class works with hand weights and resistance bands and focuses on toning - especially those important core muscles. Stay for the Morning Wake Up Program if you desire a more intense workout or leave at 9:00 if you prefer a shorter program. Open to adults 55 & older and exceptions under the general participation policy.

MORNING WAKE UP PROGRAM

Mondays, Wednesdays & Fridays - 9:00 - 9:30am - Exercise Room

Instructor: Elizabeth Norman, Events Coordinator

This class is a continuation of the SilverHealth class. Come at 8:30 for stretching and toning and stay for this class for 30 minutes of cardio movement. This class builds upon SilverHealth & is designed to be done together with SilverHealth. Open to adults 55 & older and exceptions under the general participation policy.

ONGOING ACTIVITIES - MOCKSVILLE SITE

YOGA FOR SENIORS - NEW TIME!!

Mondays & Wednesdays - July 1 - September 30 - Exercise Room (no class on July 6)

Instructor: Kim Crawford

4 CLASSES TO CHOOSE FROM:

11:00 am - 12:00 pm

1:00 - 2:00pm

2:00 - 3:00pm

3:00 - 4:00pm

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

Limited to first 12 per session who register

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for all sessions begins June 16 at 8:00am. Please do not leave a message for yoga sign up as you will not be guaranteed a spot unless you speak with someone. You may only sign up for 1 yoga session per quarter.**



TAI CHI

Tuesdays - 10:00 - 11:00am - Exercise Room

Session Dates: August 18 - October 20

Instructor: Mike DePeuw, Beach 'n'

Tans

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

Limited to 15

This class is wonderful for seniors. It helps improve balance, lower blood pressure & can help those with arthritis. These slow, gentle motions are easy to learn for all fitness levels. Open to adults 55 & older. Classes build upon one another and therefore students cannot join more than two weeks into the 10 week session.

M.A.D.E. (MODERN AEROBIC DANCE EXERCISE)

Tuesdays & Thursdays - 11:00am - 12:00 noon - Exercise Room

Instructor: Lorri Carlton

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

This is a low impact, low intensity aerobics workout that uses simple patterns. Classes include basic strength exercises, abdominal strengthening and ends with a stretching session. Class is ideal for beginners or active older adults, but can be modified for all levels. Please call ahead before you come to your first class. Open to adults 55 & older and exceptions under the general participation policy.

DANCE PARTY AEROBICS

Tuesdays & Thursdays - 5:30 - 6:30pm

Instructor: Lorri Carlton

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

This class is designed to get you up and moving! These moves are inspired by Latin dance steps and will help you have fun while increasing your heart rate and burning calories. Please call ahead before you come to your first class. Open to adults 55 & older and exceptions under the general participation policy.

ARTHRITIC EXERCISE

Every other Wednesday - 10:45 - 11:15am - Multipurpose Room A

Instructor: Ina Beavers, Nutrition Program Coordinator

This class focuses specifically on adults with arthritis, working mainly on flexibility. Other beginner exercisers may also benefit. Open to adults 55 & older and exceptions under the general participation policy.

ONGOING ACTIVITIES - MOCKSVILLE SITE



BOWLING LEAGUE

Mondays - 8:30am - depart from

Senior Services

Cost: \$6.25 per session (3 games)

Our bowlers will be starting another session soon. Regular bowlers & substitutes are welcomed.

WALKING

Weekdays - 6:30 - 9:00am - Parks & Rec.

The gym at Parks & Rec. is open each weekday morning for seniors to walk. For more information on walking availability, call Parks & Rec. at 751-2325.

FITNESS ROOM

Monday - Thursday - 8:00am - 8:00pm

Friday - 8:00am - 5:00pm

Saturday - 9:00am - 1:00pm

Cost: No charge (donations are appreciated)

Our fitness room is stocked with great fitness machines that can be used by adults 55 and older at no charge. Equipment is available on a first come first serve basis. Training is required prior to the first time using equipment. **Please call for an appointment for training.**

PERSONAL TRAINING - NEW!!

YMCA staff members will come to Senior Services to offer personal training on the machines in our Fitness Room as well as other personal training tips. The YMCA is offering our participants member pricing for this service. You must call the YMCA directly to set up an appointment for this service and pay them directly. Contact person at the YMCA is Lee Jarvis, Healthy Living Manager. Their number is 336-751-9622.

Cost is:

- \$30.00 - 30 minute session
- \$175.00 - 8 sessions package (30 minutes each)
- \$345.00 - 16 session package (30 minutes each)
- \$500.00 - 24 session package (30 minutes each)



Games

Wii GAMES

Time: Drop In Whenever Room is Available - Multipurpose Room A

In these video games you actually do the moves - swing the tennis racket, the baseball bat, the golf club, etc. If you need help, simply make an appointment with a staff member & they can give you a short orientation session. Wii is available on a drop in basis whenever the room is not being used. Call if you have a question regarding availability.

Available games include:

- | | |
|--------------|---------------------|
| * Golf | * Fishing |
| * Tennis | * Shooting Range |
| * Boxing | * Billiards |
| * Baseball | * Big Brain Academy |
| * Ping Pong | * Many, many more |
| * Mario Kart | |

SCRABBLE

Mondays - 1:00pm - Classroom B

Strengthen your vocabulary & have fun with this classic game. Any number can play. Open to adults 55 & older and exceptions under the general participation policy.

SKIPBO

Every Wednesday - 1:00pm - Classroom A

If you can count to 12, you can play this fun game. Beginners are welcome and any number can play. Open to adults 55 & older and exceptions under the general participation policy.

DUPLICATE BRIDGE

Every Wednesday - 1:30 - 5:00pm - Multipurpose Room A

Bring a partner and join this group for duplicate bridge. Open to adults 55 & older & exceptions under the general participation policy. Alternates may be under age 55.

ONGOING ACTIVITIES - MOCKSVILLE SITE

TEXAS HOLD EM

Thursdays - 1:00pm - Classroom A

This poker game is played for fun only - NO REAL BETTING ALLOWED. Any number can play & beginners are welcomed. Open to adults 55 & older & exceptions under the general participation policy.



Health & Wellness

ASK THE DOCTOR

1st Monday of each month - 10:45 am - MP Room A (July 6, August 3, September 14 - note change of date due to Holiday)

Dr. Kimberly is here the first Monday of each month to answer your questions. Although this is no substitute for a doctor's visit, it is a great opportunity to ask about those issues that have been on your mind. You'll also benefit from hearing other questions asked & answered as well. Open to adults 55 & older & exceptions under the general participation policy.

BLOOD PRESSURE SCREENINGS

1st Tuesday of each month - 10:45am - MP Room A - (July 7, August, 4, September 1)

A trained professional will take your blood pressure at no charge.

GOT PLANS? ADVANCE CARE PLANNING

**2nd Tuesday of each month - Multipurpose Room B - (July 14, August 11, September 8)
Facilitator: Representative from Hospice & Palliative Care**

**Cost: No Charge - Picture ID required
RSVP by Friday before each seminar**

We plan for college, marriage, a baby and retirement, but we don't prepare for the end of life. Let's change that! It's simple. Representatives will be on hand to take care of everything you need to complete your advance directives. Be sure your wishes are honored by taking a few minutes now to complete these important documents. For more information you can go to www.gotplansnc.org.



Literary Arts

SENIOR BOOK CLUB - NEW TIME!!

3rd Tuesday of each month - 1:00 - 2:30pm - Classroom A

July 21 - "Please Look After My Mother" by Kyung-Sook Shin

August 18 - "Land More Kind Than Home" by Wiley Cash

September 15 - "Middle March" by George Elliot

Leader: Genny Hinkle

At each meeting you will discuss the book that was read the month before & receive the new book to read. Books are provided at no charge. You must turn in your book on or before the meeting date so we can continue to get the books at no charge. Co-sponsored by the Davie County Public Library. Open to adults 55 & older and exceptions under the general participation policy.

LIBRARY

We accept donations of recently published books in good condition. These may be checked out at the front desk. Because of space constraints, please limit donations to hardcover, recent publications (within the past 5 years). We will donate any books we cannot use to another organization.



Lunch

Mondays - Wednesdays - 11:30am

Thursdays & Fridays - 11:00am - MP Room A

Staff Contact: Ina Beavers, Nutrition Program Coordinator

Cost: No charge, donations appreciated

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$3.14 effective July 1. A program is offered each day at 10:45am before lunch. You must call by noon the day before you plan to eat to order a meal.

ONGOING ACTIVITIES - MOCKSVILLE SITE

Special Interest

PIEDMONT POWER ASSOCIATION

1st Mon. of each month - 7:00pm -

Multipurpose Room B

(July 6, August 3, September 7)

President: Arthur Bostick

Annual Dues: \$20.00

This group loves old tractors. If you do too, why not join them? Monthly meetings include dinner and a program. Senior Services is a co-sponsor of this group. For specific information please call the group leader (call for number).

SENIOR SERVICES ADVISORY COUNCIL

4th Tuesday of every other month - 3:00pm -

Media Room (July 28, September 22)

Staff Contact: Kim Shuskey, Director

This is a volunteer group appointed by Davie Co. Commissioners to help Senior Services plan, set goals and fundraise. If you are interested in serving, please contact Kim Shuskey. Meetings are open to the public.



Stage, Screen & Music

DAVIE COUNTY SINGING SENIORS

Each Thursday - 10:00am - Multipurpose

Room B (Jan. - June/Sept. - Dec.)

Chorus Director: Marie Roth

Annual Dues: \$10.00

If you love to sing, why not join this fun group? The chorus practices each week and performs at churches, civic clubs, nursing homes & community events. Open to adults 55 & older.

THEATRE CLUB

4th Tues. each month - 1pm - Classroom B

(July 28, August 25, September 22)

Staff Contact: Barbara Thornton, Senior Center Aide

This group meets once a month to discuss various theatrical options in the area and to choose different plays and performances to attend as a group. Each person pays for their ticket. Open to adults 55 & older and exceptions under the general participation policy.



Financial Support

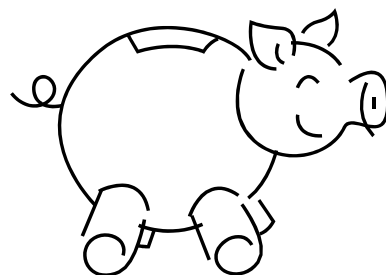
LEGACY GIFT PROGRAM

Davie County Senior Services is committed to bringing quality programs & services to older adults in our county, most at no charge. We are also committed to planning ahead to meet future needs. To do this, donations are needed and appreciated. Legacy gifts is our term for these charitable contributions that help in both the long and short term. Individuals and organizations can contribute in the following areas:

- **Outright Gifts** - donations of cash, property or stocks/securities
- **Bequests** - name Senior Services in your will as a beneficiary of cash, property, a percentage of the estate or the remainder of the estate
- **Insurance Policy Beneficiary** - Name Senior Services as beneficiary of death benefit
- **Retirement Plan / IRA** - Name Senior Services as beneficiary of death benefit
- **Endowment Fund** - Make any of the above gifts through the Davie Community Foundation to provide permanent financial support for programs & services

Please contact us for more information about donating to Senior Services. Legacy Gifts received will be recognized once a year in our Davie County Senior Services' Annual Report available each year by August 1.

Donations are tax deductible.



OTHER ONGOING PROGRAMS & SERVICES

Services



**STAFF CONTACT FOR ALL SERVICES IS
KELLY SLOAN, SERVICES COORDINATOR,
UNLESS INDICATED OTHERWISE.**

BUDDY PROGRAM

**Staff Contact: Mitzi Hunter, Morning
Receptionist**

Cost: No charge

If you are new to Senior Services and are unsure of attending your first event alone, this program is for you. We match volunteers with participants who are new to Senior Services. They meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes." To request a buddy for a special event, please let us know when you sign up for the event.

CAREGIVING CLASSES & RESOURCE CENTER

Cost: No charge

Our Services Coordinator can meet with you individually or as a group to provide training to help you become a better caregiver. Various topics are available. In addition, materials of interest to caregivers - videos, books, pamphlets - are available to check out at the Mocksville site of Senior Services. Open to any age.

CAREGIVER SUPPORT PROGRAM

Cost: No charge, donations appreciated

This program can provide a trained worker to stay with your loved one while you get a break to run errands, go to a movie - whatever you need to do. We can also provide free nutritional supplements such as Boost or Ensure and incontinence supplies such as Depends. To qualify, you must be providing care to someone 60 or older in Davie County who needs assistance with certain activities of daily living and/or has Alzheimer's regardless of age. Call for appointment for an assessment. Home visits can be arranged.

DRAGON SPEECH RECOGNITION SOFTWARE

(Available at Mocksville Site)

Staff Contact: Kim Shuskey, Director

Due to a generous donation by one of our participants, one computer in our lab is equipped with speech recognition software. If you have difficulty typing, come by and use this program. Please note that each person who uses it will need to go through the setup process in order to recognize their voice. Headsets for the program can be checked out at the front desk. Available whenever the computer lab is free. You may wish to call ahead. If you need assistance from a staff member to use, you must make an appointment.

ENSURE PROGRAM

Cost: No charge, donations appreciated

This program provides free nutritional supplements such as Ensure to seniors whose doctors prescribe supplementation. Qualifying seniors must be an existing nutrition client or 60 or older and unable to tolerate solid foods. Call for appointment for an assessment. Home visits can be arranged.



FIDGET APRONS

**Cost: No charge, donations
appreciated**

These aprons provide those with Alzheimer's or other forms of dementia something to keep their hands busy, which can help reduce agitation and wandering. They are made by volunteers and are provided to anyone who can use one.

HANDMADE PERSONAL ITEMS

Cost: No charge, donations appreciated

Senior Services has bibs and walker aprons made by volunteers to give to those who need them. If you or someone you know can benefit from these items, please call our Services Coordinator.

OTHER ONGOING PROGRAMS & SERVICES

HOMEBOUND MEALS

Cost: No charge, donations appreciated

Homebound meals provide a nutritionally balanced meal to homebound seniors 5 days a week. To qualify, one must be 60 or older & unable to cook for him/herself. The person must also be homebound, meaning that it is very difficult for him/her to leave the home due to a physical or mental impairment. Call for an appointment for an assessment.



INFORMATION & ASSISTANCE

Our Services Coordinator can answer questions and assist seniors, family members and caregivers of any age in obtaining a wide variety of information and services for seniors. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

JOB MATCH

Staff Contact: Barbara Thornton, Senior Center Aide

If you are a senior interested in work, fill out a JobMatch application. When we receive a call from someone who needs that type of work, we will give them your information. Senior Services only provides potential employers with names - no references, recommendations or hiring decisions are made by us. Pay rate is between the employer & employee.

LEGAL AIDE

Cost: No charge, donations appreciated

This program provides limited legal assistance to low income seniors aged 60 & older. For those who cannot afford it, we will pay attorney fees for such things as a will, power of attorney, health care power of attorney and a living will. You must make an appointment with us prior to seeing the attorney. We can not pay bills that you have already received. Call for an appointment.

NOTARY SERVICE

Staff Contact: Elizabeth Norman, Events Coordinator

Cost: No charge

Time: By appointment only

We will provide free notary services to those 55 and older. As written in the notary rules, the notary can refuse to notarize any document at her discretion. Car titles will not be notarized.

OPTIONS COUNSELING

Our certified Options Counselor can help persons who are planning for a change in their lives and are seeking out their options for assistance. Persons who can benefit might include those planning to retire and wanting to discuss options to sustain health, wellness and independence, those who start having difficulty in completing day to day tasks, those who are relocating and exploring housing options, or those who are dealing with a recent diagnosis of Alzheimer's. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

REVERSE MORTGAGE COUNSELING

Time: By appointment only

We can get you in touch with the certified Reverse Mortgage Counselors in our area. We also welcome you to meet with them at our building. Call for more information.

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

Time: By Appointment only

The Senior Community Service Employment Program helps low income older adults find employment in non profit and government organizations, receiving necessary job training to help them find unsubsidized jobs in the future. This program is administered by the Winston Salem Urban League. Representatives from the Urban League will meet with prospective candidates at Senior Services by appointment. For more information about this program, call the Winston Salem Urban League directly at 336-725-5614.

OTHER ONGOING PROGRAMS & SERVICES

SHIIP - (Seniors' Health Insurance Information Program)

Staff Contact: Mitzi Hunter, SHIIP Coordinator

Cost: No charge

Time: Tues. & Thurs. afternoons by appointment (other times can be arranged if necessary)

Volunteers trained through the NC Dept. of Insurance can help answer questions about Medicare, Medicare supplements and Medicare's Prescription Drug Program. Available to any age person on Medicare.

SHREDDER

(Available at Mocksville Site)

Don't throw documents containing personal information in the trash & risk having someone steal your identity. Instead bring your items here where we can shred them for you. Please remove all staples, paperclips, etc. & bring only loose paper, not bound items.

TELEPHONE REASSURANCE PROGRAM

Staff contact: Tracy Veach, Administrative Assistant

Cost: No charge

This program provides a daily telephone call to anyone who lives alone, and is either 55 years of age or older, or is an adult with a physical disability. Each call is an opportunity to confirm safety as well as impart care and concern.



VIAL OF LIFE

This program allows you to record your medical history and medications on a form which is placed in a bottle in your refrigerator. A sticker on your door alerts EMS that this information is there in case they respond to your home in an emergency. Co-sponsored with Davie Co. Healthy Carolinians. Available to all ages.

VIDEO EYE

(Available at Mocksville Site)

The Video Eye is a low vision reading machine that uses a camera to magnify text and objects onto a computer monitor for easier viewing. This machine can help with reading, writing and hobbies like needlework and crossword puzzles. It is available anytime there is a free room.



Support Groups

ALZHEIMER'S SUPPORT GROUP

2nd Tuesday of each month - 6:30pm - Classroom B - (July 14, August 11, September 8)

Facilitator: Kelly Sloan, Services Coord.
RSVP no later than the Friday before the meeting

This group is open to adults of any age. It is intended for those caring for a loved one with Alzheimer's or other dementia but is open to any caregiver that can benefit. Meetings may consist of sharing time and/or guest speakers. This group is offered in conjunction with the Alzheimer's Association. Please call no later than the Friday before the meeting to let us know you will be coming. Meetings will be canceled if not enough interest is shown.



Trips - Day

There is a \$5.00 charge for transportation for each trip, due upon sign up. \$5.00 fee is non-refundable if you cancel. All participants buy their own lunch. If trip is canceled due to weather or other unforeseen circumstance, money will be refunded. Space is limited. See staff for complete trip rules.

JULY 7 - MYSTERY TRIP

Tuesday, July 7 - Departure & return times TBA

**Cost: \$5.00 for transportation
Money for Lunch**

We're not telling you where we are going, but it is sure to be lots of fun. As always, we will stop for lunch along the way. Sign up starts May 15.

OTHER ONGOING PROGRAMS & SERVICES

AUGUST 4 – BLACK MOUNTAIN CHOCOLATE, BLACK MOUNTAIN, NC

Tuesday, August 4 - Departure time 9:45am,
Return approximately 2:30pm

Cost: \$5.00 for transportation

Money for lunch

We will have a behind the scenes tour which will include a talk about the company and chocolate. We will finish the tour with a tasting of the chocolates. We will stop for a late lunch on the way home. Sign up starts June 15.

SEPTEMBER 1, 2015 - SALEM GLASS, EAST BEND, NC

Tuesday, September 1 - Departure time
9:00am, Return approximately 3:00pm

Cost: \$5.00 for transportation

Money for lunch

At Salem Glass they make glass panels, mainly for churches. We will learn more about this fascinating process and stop for lunch on the way home. Sign up starts July 15.

OCTOBER 6 - DIXIE CLASSIC FAIR, WINSON SALEM, NC

Tuesday, October 6 - Departure time 9:00am,
Return approximately 4:00pm

Cost: \$5.00 for transportation

Money for lunch

After many requests we are returning again to the Fair. This is Senior Day so there is no charge for seniors. Lunch will be on your own at the fair. Sign up starts Aug. 14.



Trips - Extended

MYRTLE BEACH, SC

Monday - Wednesday, Nov. 16 - 18

Prices - Per Person:

\$364.00 - single \$309.00 - double

\$294.00 - triple \$287.00 - quad

Trip Leader - Barbara Thornton

We will once again head to the beach for our Holiday trip. Price includes the following:

Monday, November 16:

- Buffet lunch at Webster Manor, Mullins, SC
- Legends in Concert

Tuesday, November 17:

- Breakfast at Hotel
- Delicious Thanksgiving feast at the Hilton - includes all your holiday favorites
- The South's Grandest Christmas Show - Alabama Theatre's award-winning production featuring amazing talent, scenery and special effects
- Shop at Tanger Outlets, Highway 501

Wednesday, November 18:

- Breakfast at hotel
- Guided tour of SC Civil War Museum - Features numerous artifacts of Civil War recovered from this area, including Civil War attire, artillery and various other exhibits. The museum also features a shooting range, at which you have the option of shooting a black powder gun (12 shots for \$17.50 - not included)

Price also includes hotel accommodations at Monterey Bay Suites and travel on motor coach. Reservations can be made with your \$50.00 deposit. Deadline for registration is Oct. 9. Final trip payment is due at that time as well. We are unable to give refunds after payment is made to tour company. See staff member for complete rules regarding trips.

OTHER ONGOING PROGRAMS & SERVICES



Volunteer Opportunities

All Senior Services volunteers receive training and orientation before beginning any assignment. Generally volunteers should be 18 years of age or older. Younger volunteers should be accompanied by a parent or guardian.

BUDDY PROGRAM

Contact: Mitzi Hunter, Morning Receptionist

This program matches volunteers with participants who are new to Senior Services. They will meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes."

CLASS INSTRUCTORS

Contact: Kim Shuskey, Director

In an effort to bring new offerings to the seniors of our county, we are always looking for various types of instructors. Volunteers help our dollars go farther, but instructors can be compensated for their time if needed.

FRONT DESK VOLUNTEERS

Contact: Tracy Veach, Administrative Asst.

Volunteers are used for afternoons at the front desk. Volunteers greet visitors as they come in, ensure guests are signed in and directed to the appropriate room, register seniors for upcoming events, and may perform some office work.

HOMEBOUND MEAL DRIVERS

Contact: Ina Beavers, Nutrition Prog. Coord.

Drivers deliver meals to homebound seniors. It takes approximately 2 hours to complete a route and volunteers may deliver as often as they wish. Mileage reimbursement can be paid.

LUNCH VOLUNTEERS

Contact: Ina Beavers, Nutrition Program Coordinator

Volunteers are needed to help serve lunch, wash dishes and clean up afterwards.

OFFICE HELP

Contact: Tracy Veach, Administrative Assistant

Occasionally Senior Services needs help with various office tasks such as mass mailings, etc. Call to be placed on a list to help.

SHIIP (Seniors' Health Insurance Information Program)

Contact: Mitzi Hunter, SHIIP Coordinator

Volunteers are required to complete initial online training & attend quarterly trainings after that. Volunteers must perform at least 40 hours of service each year.

SPECIAL EVENT ASSISTANCE

Contact: Elizabeth Norman, Events Coordinator

From time to time Senior Services needs assistance in putting on events. From food preparation to decorating - there are many ways to help. Photographers & Videographers are also always needed at events.

TAX AIDE VOLUNTEERS

Contact: Kim Shuskey, Director

Tax-Aide counselors complete 30 hours of training. Interested individuals should have some knowledge of the IRS tax code (gained by preparing your own returns previously or prior employment with a tax service), computer skills, and enjoy working with people.

TELEPHONE REASSURANCE PROGRAM

Contact: Tracy Veach, Administrative Assistant

We are partners with YVEDDI's RSVP program in this service. Volunteers will call those who live alone to provide a friendly voice and a daily welfare check. Monday - Friday phone calls are required.

CLASSES & ACTIVITIES - FARMINGTON SITE

Our Farmington site is located in the
Farmington Community Center,
1723 Farmington Rd. Hours are
Monday - Friday 10:00am - 1:00pm.
Phone number is 998-3730.



Ongoing Activities

TRANSPORTATION TO FARMINGTON SITE

Mondays, Wednesdays & Fridays

YVEDDI's transportation program will bring those persons 60 and older who live within an approximate 5 mile radius to the Farmington site on these days. To sign up, call YVEDDI at 751-2187.

EXERCISE & WALKING

Tuesdays - 10:30am

Get your exercise each Tuesday with your friends.

GARDENING

Tuesdays & Thursdays - 10am (In Season)

If you have a green thumb, why not help out in the garden? Gardening tools are available or you can bring your own.

BLOOD PRESSURE SCREENINGS

Every 3rd Wednesday - 10:30am

(July 15, August 19, September 16)

A trained professional will take your blood pressure at no charge.

CRAFT DAY

Last Wednesday of each Month - 10:30am

(July 29, August 26, September 30)

Cost: No charge

Each month we will present a new craft. This is a great chance to learn some new skills. Open to those 55 and older.

LUNCH

Monday - Friday - 11:30am

Staff Contact: Darlene Sheets, Nutrition Site Manager

Cost: No charge, donations appreciated

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$3.14 effective July 1. A program is offered each day at 10:30am before lunch. You must call by noon the day before you plan to eat to order a meal.



Special Events

INDEPENDENCE DAY

CELEBRATION

Thursday, July 2 - 10:30am

RSVP by June 26

Get an early start on your Independence Day Celebration at this fun event with refreshments and fun activities. Open to adults 55 & older and exceptions under the general participation policy.



RAY & BETTY'S TRAVEL ADVENTURES - GERMANY

Wednesday, July 8 - 10:30am

Speaker: Ray Widner & Betty Smith

RSVP by July 1

Ray & Betty will share pictures and experiences from their travels to Germany. Open to adults of all ages - no children, please.

SALUTE TO DISNEYLAND

Friday, July 17 - 10:30am

RSVP by July 10

This year marks the 60th anniversary of the opening of Disneyland in California. We will celebrate the day with all things Disney. Open to adults 55 & older and exceptions under the general participation policy.



CLASSES & ACTIVITIES - FARMINGTON SITE

BENEFITS OF SPINACH

Monday, July 20 - 10:30am

RSVP by July 13

Take it from Popeye - spinach is great! We will learn all about the health benefits and you can even bring in some of your favorite spinach recipes to share. Open to adults of all ages - no children, please.

CHEESECAKE DAY

Friday, July 31 - 10:30am

RSVP by: July 24

Even though the official day is on the 30th, we will celebrate all the goodness of cheesecake on this yummy day! Open to adults 55 & older and exceptions under the general participation policy.

COAST GUARD DAY

Monday, August 3 - 10:30am

RSVP by July 27

The official day is Aug. 4th, but let's celebrate a day early. Learn interesting trivia about the Coast Guard at this informative seminar. Open to adults 55 & older and exceptions under the general participation policy.

ELVIS MOVIE

Wednesday, August 12 - 10:30am

RSVP by Aug. 5

38 years ago this week Elvis Presley died. We will remember the "King of Rock & Roll" by watching one of his classic movies. Open to adults 55 and older and exceptions under the general participation policy.



LEMONADE'S BIRTHDAY

Thursday, August 20 - 10:30am

RSVP by Aug. 13

On this day in 1630 lemonade was invented in Paris, France. Let's celebrate that wonderful treat of summer at this event. Open to adults 55 & older and exceptions under the general participation policy.



WIZARD OF OZ FACTS & FUN

Monday, August 24 - 10:30am

RSVP by Aug. 17

76 years ago tomorrow, the Wizard of Oz was released in the United States. Although we are sure you have seen the movie, there may be some interesting trivia you didn't know. Come learn more at this event. Open to adults 55 & older and exceptions under the general participation policy.



SENIOR CENTER MONTH BEGINS



RAFFLE ALL MONTH LONG

TEETH HEALTH

Wednesday, September 2 - 10:30am

RSVP by Aug. 26

It is important to take care of our teeth, no matter what our age. Learn more about how to keep your teeth healthy at this seminar. Open to adults of all ages - no children, please.

MILKSHAKE DAY

Friday, September 11 - 10:30am

RSVP by Sept. 4

Tomorrow is Milkshake Day and that is a day too yummy to miss. So we will celebrate a day early with delicious milkshakes for everyone. Open to adults 55 & older and exceptions under the general participation policy.

IMPORTANCE OF A HEALTHY BREAKFAST

Monday, September 14 - 10:30am

RSVP by Sept. 3

We always told our kids to eat a healthy breakfast. But it is equally important for adults to start their day off right. Learn how starting the day with a healthy breakfast can provide more benefits than you think. Open to adults 55 & older and exceptions under the general participation policy.

CLASSES & ACTIVITIES - FARMINGTON SITE

PANTRY BINGO

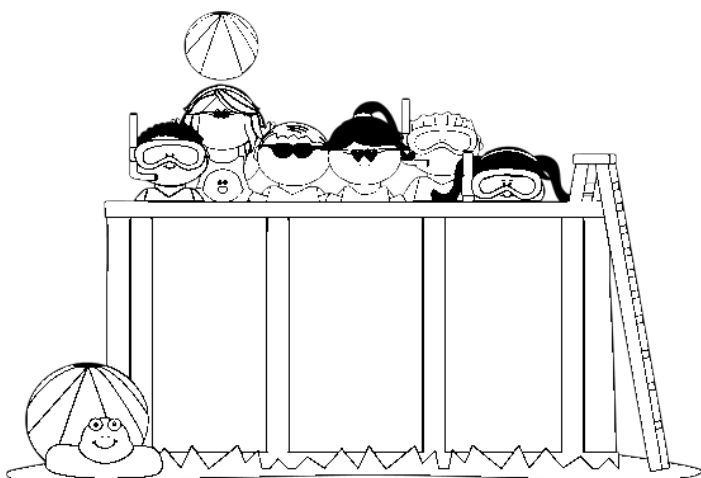
Friday, September 25 - 10:30am

Sponsored by: Cozart Handyman Services

RSVP by Sept. 18

Win items you can actually use at this event.

Open to adults 55 & older and exceptions under the general participation policy.



Join in on the fun at
Farmington!

CALENDAR OF EVENTS - FARMINGTON SITE

JULY

- July 2 - Independence Day Celebration - 10:30am
- July 3 - CLOSED FOR INDEPENDENCE DAY
- July 8 - Ray & Betty's Travel Adventures - Germany - 10:30am
- July 15 - Blood Pressure Screens - 10:30am
- July 17 - Salute to Disneyland - 10:30am
- July 20 - Benefits of Spinach - 10:30am
- July 29 - Craft Day - 10:30am
- July 31 - Cheesecake Day - 10:30am

AUGUST

- August 3 - Coast Guard Day - 10:30am
- August 12 - Elvis Movie - 10:30am
- August 19 - Blood Pressure Screens - 10:30am
- August 20 - Lemonade's Birthday
- August 24 - Wizard of Oz Facts & Fun - 10:30am
- August 26 - Craft Day - 10:30am

SEPTEMBER

- September 2 - Teeth Health - 10:30am
- September 7 - CLOSED FOR LABOR DAY
- September 11 - Milkshake Day - 10:30am
- September 14 - Importance of a Healthy Breakfast - 10:30am
- September 16 - Blood Pressure Screens - 10:30am
- September 25 - Pantry Bingo - 10:30am
- September 30 - Craft Day - 10:30am

Calendar of Events - Mocksville Site



JULY

- July 1 - New Yoga session starts - 11:00am
- Must pre-register
- July 1 - New Yoga session starts - 1:00pm -
Must pre-register
- July 1 - New Yoga session starts - 2:00pm -
Must pre-register
- July 1 - Patriotic Party - 2:00pm
- July 1 - New Yoga session starts - 3:00pm -
Must pre-register
- July 3 - 5 - CLOSED FOR INDEPENDENCE
DAY WEEKEND
- July 6 - Computer Basics class begins -
10:00am
- July 6 - Ask the Doctor - 10:45am
- July 6 - Microsoft Word Level 2 class begins
- 12:00pm
- July 6 - Email Level 1 class begins - 4:00pm
- July 6 - Internet Level 1 class begins -
6:00pm
- July 6 - Piedmont Power Assoc. - 7:00pm
- July 7 - Day Trip - Mystery Trip - Departure
time TBA
- July 7 - Blood Pressure Screenings -
10:45am
- July 9 - Sharing & Caring - 1:00pm
- July 11 - Trip to Bowman Gray Stadium -
6:30pm
- July 13 - Beginning Computers Class begins
- 10:00am
- July 13 - Emotional Distress Seminar -
10:45am
- July 13 - Ebay Class begins - 2:00pm
- July 14 - Got Plans? Advance Care
Planning Workshop - 1:00pm
- July 14 - Scrapbooking - 2:00pm
- July 14 - Alzheimer's Support Group -
6:30pm
- July 20 - iTunes class begins - 10:00am

- July 20 - Windows 8 Level 1 class begins -
12:00pm
- July 20 - Monthly Movie - 1:00pm
- July 20 - Quilt Guild - 6:30pm
- July 21 - Veteran's Social - 10:30am
- July 21 - Senior Book Club - 1:00pm
- July 23 - Sharing & Caring - 1:00pm
- July 28 - Windows 8 Level 2 class begins -
10:00am
- July 28 - Printing Invitations Class - 12:00pm
- July 28 - Theatre Club - 1:00pm
- July 28 - Advisory Council Meeting - 3:00pm
- July 29 - Envelopes & Labels Level 1 class -
12:00pm
- July 30 - Dinner & a Movie - "The Second
Best Exotic Marigold Hotel" -
5:30pm



AUGUST

- Aug. 3 - Ask the Doctor - 10:45am
- Aug. 3 - Printing Invitations Class - 6:00pm
- Aug. 3 - Piedmont Power Assoc. - 7:00pm
- Aug. 4 - Day Trip - Black Mountain
Chocolate, Black Mountain, NC -
Depart at 9:45am
- Aug. 4 - Blood Pressure Screenings -
10:45am
- Aug. 5 - Envelopes & Labels Level 1 class -
6:00pm
- Aug. 6 - Movie Day With Grandkids (Or Not!)
- 1:00pm
- Aug. 8 - Saturday Morning Breakfast -
9:30am
- Aug. 10 - Bowling Lunch - 12:30pm
- Aug. 11 - Got Plans? Advance Care
Planning Workshop - 1:00pm
- Aug. 11 - Scrapbooking - 2:00pm
- Aug. 11 - Alzheimer's Support Group -
6:30pm
- Aug. 17 - Pet Care for Seniors - 10:45am

Calendar of Events - Mocksville Site

- Aug. 17 - Monthly Movie - 1:00pm
- Aug. 17 - Quilt Guild - 6:30pm
- Aug. 18 - Tai Chi starts - 10:00am
- Aug. 18 - Senior Book Club - 1:00pm
- Aug. 20 - Winston Salem Dash Game - 5:45pm
- Aug. 25 - Theatre Club - 1:00pm
- Aug. 25 - Summer Sunshine Party - 2:00pm
- Aug. 27 - Sharing & Caring - 1:00pm
- Aug. 28 - Welcome to Medicare Luncheon - 10:00am
- Aug. 31 - Microsoft Word Level 1 class begins- 6:00pm



SEPTEMBER

- Sept. 1 - Day Trip - Salem Glass - Depart at 9:00am
- Sept. 1 - Blood Pressure Screening - 10:45am
- Sept. 1 - Water Aerobics Class Begins - 2:30pm - MUST PRE-REGISTER
- Sept. 3 - Bingo - 1:00pm
- Sept. 7 - Piedmont Power Assoc. - 7:00pm
- Sept. 8 - Men's Health Seminar - 10:45am
- Sept. 8 - Got Plans? Advance Care Planning Workshop - 1:00pm
- Sept. 8 - Scrapbooking - 2:00pm
- Sept. 8 - Alzheimer's Support Group - 6:30pm
- Sept. 10 - Sharing & Caring - 1:00pm
- Sept. 11 - Senior Lunch - 11:30am
- Sept. 14 - Ask the Doctor - 10:45am
- Sept. 14 - Microsoft Word Level 1 class begins - 3:00pm
- Sept. 15 - Senior Book Club - 1:00pm
- Sept. 17 - Aging in Place - Making Your Home Safer - 1:00pm
- Sept. 18 - Tie Dyed T-Shirt Craft - 1:00pm
- Sept. 21 - Monthly Movie - 1:00pm

- Sept. 21 - Quilt Guild - 6:30pm
- Sept. 22 - Theatre Club - 1:00pm
- Sept. 22 - Advisory Council Meeting - 3:00pm
- Sept. 22 - Taste of the Town - 6:00pm
- Sept. 24 - Sharing & Caring - 1:00pm
- Sept. 30 - 70's Disco Party - 2:00pm

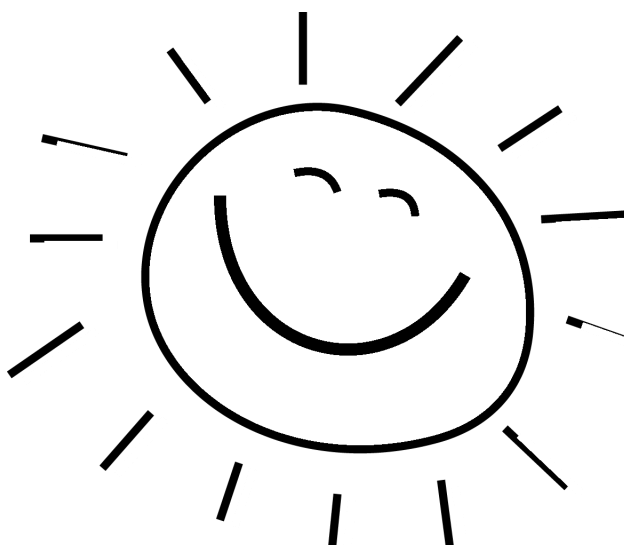


Senior Services will be closed for the following holidays:

- Friday - Sunday, July 3 - 5 - Independence Day
- Thursday, August 13 -

Mocksville Site closes at 12:00 noon for Masonic Picnic

- Saturday - Monday, September 5 - 7 - Memorial Day



Happy Summer!



278 Meroney Street
Mocksville, NC 27028
336-753-6230
www.daviecountync.gov

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*It is the mission of Davie County Senior Services
to provide seniors with accessible services and opportunities for
fellowship, fun and learning, through activities and programs that enrich lives.*



Don't Forget!

Anytime you come to Senior Services please remember to scan your membership card. This helps us to keep track of how many people use our building.

We use this information to obtain grants and request additional money when necessary. It also lets us know who to call if an ongoing class is canceled for some reason.

If you do not have a membership card, see a staff person today to get one. Membership is free and the information is important to help us maintain a safe environment for our participants.

Call Senior Services at 336-753-6230 for more information or to register for any events or programs in the newsletter.